

# **Monroe Institute Technologies Feedback**

## **Experiences Related to Weight Control**

*This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.*

Many people I know have used H+ *Eat/No Eat* to help them control their eating habits and to lose weight successfully. Several have lost up to fifty pounds. I've personally used *Eat/No Eat* and Nutricia to help me lose twenty pounds and then to maintain my weight. These tapes complement any diet plan. They've been quite helpful with students suffering from anorexia and bulimia.

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Report from a compulsive overeater. *Hemi-Sync* has been an invaluable resource in my struggle to keep some balance in my eating patterns. I knew I needed to let go of worries and upsetting emotions and calm down from general stress but had been unable to do so on my own. Now that I have *Hemi-Sync* as a tool, I can use the encoded signal from the H+ *Let-Go* or *Relax* tapes to let go of an upsetting emotion or to relax. This has taken away much of my sense of powerlessness over my own responses.

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From the first day I began using the tapes, about ten weeks ago, I noticed a calming effect. For the first week or so I played *Nutricia (no longer available)* once a day, usually falling asleep almost immediately upon starting the tape. During that period, I didn't consciously invoke the encoding signals, and I noticed I was calmer, more centered, more able to focus, much more able to make decisions about my life and daily events. The binges stopped for several weeks.

Since then I have had only two or three binge episodes and have been able to come out of them quicker than I would have been able to before.

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The sound frequencies on H+ *Eat/No Eat* induce me to relax so completely that I feel de-stressed and refreshed. That alone is valuable. In addition, when I use the Function Command, it gives pause to an otherwise compulsive action. A slight (though perceptible) physical change seems to take place. My throat responds by "shutting down"—I don't know of another way to describe this—and my sense of smell and taste are neutralized.

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I use the *Eat/No Eat* Function Command when I walk into the kitchen on my way to the fridge for a snack. By the time I cross the room I find the desire to snack has passed. Diet and exercise have helped me lose weight, too, but *Eat/No Eat* provides the reinforcement and extra support I still need.

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For a long time, I had been successfully trying to deal with my weight problem through using will power. What got in the way was my habit of telling myself, "I'll just have this and then I'll stop tomorrow." Once I discovered *De-Hab*, this changed. All I need to do is say, "Plus - no more," and the pizza is no longer tempting. The tape helps me take action immediately instead of putting it off to another time.

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The *De-Hab* tape has been very helpful in overcoming my compulsive eating.

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I'm seeing some weight loss with the *Eat/No Eat* and *De-Hab* tapes, and for the first time in years am able to stick with the lifestyle changes which are necessary for weight reduction.

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